



Reading 14 PP 02 Policy No. 110

Positive Behavior Supports and Minimal Use of Restraints

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The Developmental Disabilities Council supports increasing opportunities for, and protecting the civil rights of, people with developmental disabilities. These rights include the right to live, develop, and fully participate in society; the right to be treated with dignity and respect; the right to live free from mental, physical, or emotional harm; the right to procedural safeguards and informed consent; and the right to be free from discrimination.

The Council supports education and behavior support practices that are positive and appropriate for use in varied, integrated environments and that contributes to the quality of life for people with developmental disabilities.

The Council supports the promotion of positive behavior management techniques and the avoidance of negative behavior management techniques or aversive restraints. It is expected that positive behavior supports will be used to decrease challenging behaviors and to eliminate the need for restrictive practices. If a person's behavior presents a threat of injury to self or others, or threatens significant damage to the property of others, intervention must be taken to protect the person and others.

It is the policy of the Developmental Disabilities Council that:

1. Behavior support programs and treatments focus on prevention of challenging behaviors, environmental adaptations, and positive behavior reinforcements;
2. Programs are designed and delivered in a humane, caring manner with the ultimate goal of maximizing individual growth and development;
3. Staff is given appropriate, ongoing training in state-of-the-art positive behavior support principles and strategies (including training in how to appropriately handle crisis situations);

4. Positive Behavior supports are continually being developed and implemented; and

5. Procedural safeguards include informed consent and review and approval processes that will ensure the use of least restrictive procedures.

The Developmental Disabilities Council advocates for the use of positive behavior supports that are:

1. Based upon a thorough analysis of each individual's existing needs, competencies, and characteristics;
2. Based on procedures supported in current clinical/educational research literature;
3. Intended to replace challenging behavior with adaptive and socially productive behavior;
4. Implemented in positive and socially supportive environments;
5. Based on the long-term goals of community integration and independence;
6. Carried out by personnel who have been trained and are qualified to apply positive, non-aversive approaches effectively;
7. Monitored continuously and systematically to ensure that the approach is consistent with individual needs and is successful in achieving established goals;
8. Modified in a timely fashion if success is not evident or is not occurring at an appropriate rate; and
9. Based on a multi-component, multi-disciplinary approach.

Behavior management programs and procedures should be based on a positive, therapeutic plan. This plan may include the use of mild, non-harmful negatives that we all experience on a regular basis such as frowning, normal verbal reprimands, and nonviolent touching. This plan should not include procedures that are disrespectful, dehumanizing, or involve social humiliation.

We feel that the following aversive behavior management methods which are prohibited by the Developmental Disabilities Administration should be eliminated:

- Procedures that inflict pain or harm;
- Procedures that may cause potential or actual side effects such as tissue damage, physical illness, severe physical or emotional stress, or death;
- Procedures that withhold basic human needs;

- Procedures of environmental deprivation or unrestricted isolation; and
- Procedures of chemical/physical restraint.

The Council recognizes that there are life-threatening emergencies, which require an immediate and effective response. "Life-threatening" means a very severe threat to the person with a disability or those in contact with the person, or severe property damage that may result in harm;

Until technology and knowledge are developed to effectively deal with the extremely severe, dangerous behaviors of a few individuals, restraints may be necessary to preserve safety.

Restraints are to be used in emergencies only. What constitutes an emergency and what procedures are acceptable in these situations should be planned in advance in consultation with the individual's treatment team; and

When restraints are necessary, procedures for their use must be included in the individual's Positive Behavior Support Plan. Such use of restraints should be part of the individual's personal habilitation plan that describes responses that are appropriate to levels of danger.

Aversive responses must be applied only as a last recourse and must include the following aspects:

- Procedural safeguards must be in place;
- Informed consent of the appropriate person or advocate in the community and the Human Rights Committee in the Residential Habilitation Centers; and
- Ongoing notification to the appropriate persons as referenced in the person's individual plan(s) (e.g., Individual Education Plan, Individual Habilitation Plan, and Individual Support Plan with defined objectives and goals;

A Positive Behavior Support Plan must prohibit procedures that are disrespectful, dehumanizing, or involve humiliation; and provide for documentation with incidence reports showing a decreasing frequency of undesirable behavior.

Staff administering restraints must be well trained and respond according to the instructions in the Positive Behavior Support Plan.

Date collection and analysis including documentation with incident reports must be routinely reviewed and result in modification to the Positive Behavior Support Plan as necessary.